

**Introduced by Senator Monning**

February 14, 2014

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Senate Concurrent Resolution No. 81—Relative to California Essential Tremor Awareness Month.

LEGISLATIVE COUNSEL'S DIGEST

SCR 81, as introduced, Monning. California Essential Tremor Awareness Month.

This measure would designate March 2014 as California Essential Tremor Awareness Month.

Fiscal committee: no.

1 WHEREAS, Essential tremor is a neurological condition that  
2 affects an estimated 10 million Americans; and

3 WHEREAS, Essential tremor causes uncontrollable muscle  
4 movements and shaking of the hands, legs, head, and voice of  
5 those affected. Although not confined to the elderly, approximately  
6 5 percent of people between 40 and 60 years of age are affected  
7 and an estimated 9 percent of people over 60 years of age  
8 experience symptoms of essential tremor; and

9 WHEREAS, Essential tremor is the most common form of  
10 neurological movement disorders and is often misdiagnosed as  
11 Parkinson's disease, dystonia, or a condition of aging. The National  
12 Institute of Neurological Disorders and Stroke estimates that the  
13 disorder is eight times more common than Parkinson's disease;  
14 and

15 WHEREAS, Californians suffering from essential tremor face  
16 great hardships in performing activities essential to our daily lives  
17 such as eating, drinking, grooming, writing, and communicating

1 with others. While essential tremor is not life threatening, the  
2 disruption to daily habits can be a major drain on a patient's quality  
3 of life and may often lead to feelings of embarrassment and  
4 reoccurring depression; and

5 WHEREAS, There is no definitive cure for essential tremor,  
6 and while there are some effective drug therapies available for  
7 treatment, no medication has yet been developed to exclusively  
8 treat the disorder; and

9 WHEREAS, Increasing public awareness of essential tremor is  
10 critical to generate funding for research needed to better understand  
11 the condition and develop more effective therapies or medications.  
12 Building a greater public awareness of essential tremor can also  
13 aide in more effective diagnosis of the disorder; now, therefore,  
14 be it

15 *Resolved by the Senate of the State of California, the Assembly*  
16 *thereof concurring*, That the month of March 2014 be designated  
17 as California Essential Tremor Awareness Month to generate public  
18 awareness about the most common neurological condition that  
19 affects the quality of life for an estimated 10 million Californians;  
20 and be it further

21 *Resolved*, That the Secretary of the Senate transmit copies of  
22 this resolution to the author for appropriate distribution.